This activity provides students with various questions that they should consider when beginning to set personal goals.

Teacher Led		Requires Computer	X	Requires myBlueprint.ca	X

LEARNING GOALS:
1. Students will identify S.M.A.R.T. goals and create 3 of their own.
2. Students will reflect and answer questions based on their goals

MATERIALS:
- Computers, tablets or mobile devices
- Handout [A] - Activity Worksheet
- Handout [B] - Goal Setting

GETTING STARTED:
1. Have students visit app.myBlueprint.ca, and enter their email and password to log in.
2. **Forgotten password?** Students can reset their passwords by clicking on the 'Forgot password?'.
3. **Forgotten email?** As a teacher/counsellor, you can reset your students' emails and passwords in your Student Manager or My Classes.

INSTRUCTIONS:
1. Provide students with **Handout [A] - Activity Worksheet** and guide students through the S.M.A.R.T goals and Goal Tasks activity.
2. Provide students with **Handout [B] - Goal Setting** to create 3 goals in **myBlueprint Goals** using the goal guidelines of Handout [A] and complete the subsequent reflections.
3. Students are to work independently for the first portion and then may find a partner to share their goal and answers to the questions.

HANDOUT [A]: ACTIVITY WORKSHEET

Use the following guidelines to help you create achievable goals!

ARE YOUR GOALS S.M.A.R.T.?

S – **Specific**: "Do well in Math" ☒   "Get 80% in Math" ☑

M – **Measureable**: "Get healthy" ☒   "Exercise for 30 minutes twice a week" ☑

A – **Achievable**: "Bank $500,000 a month" ☒   "Bank 10% of what I earn this year" ☑

R – **Realistic**: "Become a rock star" ☒   "Learn how to play the guitar" ☑

T – **Timely**: "Finish Halloween costume" ☒   "Finish Costume by October 15" ☑

Review the following goals and change them into S.M.A.R.T goals using the guidelines above:

"Do well in school"   →   _____

"Get a job"   →   _____

"Workout more"   →   _____

"Save enough for university"   →   _____

"Finish university application"   →   _____

"Win an Oscar Award"   →   _____

Goal Tasks: How will you achieve your goal?

"Get 80% in Math" ☑   Task: Find a math tutor.

"Exercise for 30 minutes twice a week" ☑   Task: Get a gym membership.

"Bank 10% of what I earn this year" ☑   Task: Spend less money on clothes.

"Learn how to play the guitar" ☑   Task: Practice for 30 min. a day.

"Finish Costume by October 15" ☑   Task: Spend 1 hour on the costume 3x / week.

Review the following goals and write down specific tasks for them using the guidelines above:

"Find a part-time job for the summer"   Task: _____

"Volunteer 3 hours a week"   Task: _____

"Save at least $1000 by September"   Task: _____

"Read at least 3 books per month"   Task: _____

"Bike to school every day"   Task: _____

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HANDOUT [B]: GOAL SETTING

1. Select **Goals** from the navigation menu and click **+ Add Goal**.
2. Add **THREE (3) Goals** (with a description, goal type, and timeframe), and add at least TWO (2) tasks (**Action Plan)** for each goal to outline on how you plan on achieving these goals.
3. Add your three goals to your **My CLE Portfolio** (Click the **three dots** at the top right of the goal box > **Add to Portfolio** > **My CLE Portfolio**)
4. Go to **Portfolios** > Select **My CLE Portfolio** > **+ Add box** > **+ Journal** > Add **Title 'My Goals'** > add your answers to the **three (3) reflection questions** below in the Journal **body/description**.

Which goals are most important to you and why?

_____

_____

_____

_____

How will achieving these goals help you in life?

_____

_____

_____

_____

Why is writing out your goals and action plan important?

_____

_____

_____

_____